

Your AI-Generated Schedule

Variable	Name of Exposure	Categories	Goal Name	Criteria
Workout Schedule Adherence	Exercise Frequency	Daily; 3-5 times/week; 1-2 times/week; Less than 1 time/week; None	Improved Fitness	Self-exercise tracking
Workout Intensity	Exercise Intensity	High (80-100% max HR); Moderate (60-79% max HR); Low (below 60% max HR)	Increased Cardiovascular Fitness	Heart rate monitoring
Diet Adherence	Calorie Consumption	Below target; Within target; Above target	Weight Management	Daily food diary tracking
Sleep Quality	Hours of Sleep	7+ hours; 6-7 hours; 5-6 hours; 5 hours	Improved Sleep Hygiene	Sleep development devices
Stress Levels	Perceived Stress	Low; Moderate; High	Stress Reduction	Day-to-day stress rating
Muscle Soreness	Post-Workout Soreness	None; Mild; Moderate; Severe	Minimize Injury	Self-pain assessment
Hydration Levels	Daily Water Intake	Adequate; Inadequate	Improved Hydration	Daily water intake tracking
Mental Wellbeing	Mood	Positive; Neutral; Negative	Improved Mental Health	Daily mood tracking